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FOR MEN AND WOMEN

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\$1 size three times the quantity of 50c size. **SEND FOR JAR TODAY.** Remit in coin, money order or U. S. stamps, and we will send Hermo "HAIR-LUST" and the Hermo Booklet, "Guide to Beauty," prepaid, under plain cover, at once. Use it five days and if not entirely satisfactory return what is left and we will REFUND YOUR MONEY IN FULL. Once you use Hermo "HAIR-LUST" you will never be without it. **SEND FOR ONE TODAY.**

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"Geta-It," the never-failing, guaranteed money-back corn remover, costs but a trifle at any drug store. Mfd by E. Lawrence & Co., Chicago.

More Vegetables

By Mrs. Christine Frederick,
The Distinguished Authority on Household Efficiency.

HAS that "Spring fever" reached you yet? If it does I am sure you know what it means. As I have said so often, the body is like a stove which has become choked with the debris of Winter feeding and fuel. Just as we completely clean out our furnaces, so we need to clean out our systems at this time of the year.

Meat, fried foods, syrup, all the griddle cake family and the gravy must go. It is thumbs down for them for the time being. What the system needs now is vegetables, fruits and some scouring food such as bran. Indeed, one of the best practices would be to go on a bran diet for at least a day. To do this eat a bowl of bran at each of the regular meals in place of other food. You may add hot water or hot milk or fruit juice to it, and that is all you are to eat.

I remember once being "overlooked" by a good doctor on my return from a six months' trip lecturing for the Government. The moment she saw me and had taken her diagnosis she said, "You need a housecleaning," and instantly she put me on a fruit and bran diet. This is simply the eating of any kind of fruit or not too acid a nature with bran for at least a day or preferably longer. There is no fat, starch or protein in this diet. It acts as a scouring soap or powder on our alimentary tract and gives our poor stomachs a rest.

Vegetables are nature's own food. All of the grains are vegetables and it is from them that we get our basic wheat, oatmeal, rice, etc. All vegetable matter consists of fibrous material in which are imbedded varying portions of starch. But the great value comes from the fibrous material. It is rough, it has "bulk" or "roughage," and thus stimulates peristaltic or excretory action. And this is what we, in our over-civilization, need so badly. Most of us sit long hours so that the muscles of the abdomen are not exercised, and hence we become sluggish in our bodily functions. But a large quantity of vegetables will prevent this in a natural manner.

Of course, the more vegetables we eat raw the better, because cooking softens the fibres and also causes some chemical changes which are not so desirable. For example, raw cabbage or raw carrots eaten in salad form give better results than the same foods cooked. But in any case the average family table should be more plentifully supplied with vegetables of all kinds.

"But they are so dear," I hear housewives exclaim. Then we can do one of two things—we can raise them ourselves if we have any kind of a piece of ground or we can omit some other article of diet and save this cost toward the expense of vegetables. Also we housekeepers can learn to cook or

prepare vegetables so that there is a far smaller percentage of waste than is usually the case.

In the Spring, also, many of us may be able to find dandelions, dock and other greens free for the gathering. I am willing to prepare for any one who comes to visit me a dandelion hot stew which I am sure they will say is delicious and which has untold values as a tonic. Also there are dandelion salad and dandelion cream soup, both of which give us the bitter, stimulating quality of the dandelion.

I think it is worth any housewife's trip to market to get fruits and vegetables if her local dealer does not carry them. If storage facilities are good a large basket or crate can be ordered and then divided up among neighbors. There is no reason why two or three families should not share their buying if they can thus obtain better products and better value than alone. For example, in the Spring season it is possible to buy a tall half-bushel basket of lettuce, spinach, etc., at a wholesale price. If one neighbor in turn orders such containers and divides among her friends there will be a great saving over small individual purchases of the local dealer.

I have found that my dealer will order for me and sell me at his wholesale price (if I pay the express or other charges) any large basket or container of vegetables such as he himself buys. For instance, I have often bought from him a half bushel of string beans or lettuce or carrots, etc., and then used about half myself and sold the other half to neighbors.

Any woman who complains to me vegetables cost so much must answer me how much she pays for meat. Generally I find that she is spending from 50 cents to \$1 for the meat alone for a family of three or four. I ask her then to take this dollar and buy with it vegetables. Three bunches of asparagus or two large heads of lettuce and a generous quantity of carrots, beans, beets or new cabbage can be bought for a dollar. The whole point is she does not compare the cost of vegetables with a cost of meat, but compares the cost of vegetables now with their cost several years ago.

But she may say that vegetables do not replace meat in the diet and that, therefore, it is not fair to spend the same sum of money on vegetables as on meat. There are many vegetables which do serve as meat equivalents. Even if you ate a whole bunch of asparagus or several servings of carrots you could make up the slight deficiency in protein by a tablespoon of peanut butter or of cheese or a glass of milk. The thing for the woman to do is to think of vegetables not as accessories, but as the important food of the meal, especially at this season. Meat will only serve to clog up the body, to create a feeling of lassitude and make doctor's bills.

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Stewed Fruit, Bacon Baked in Oven, Hashed Potatoes, Toast, Coffee. Luncheon Left-over Meat Pie, Lettuce Salad, Tea. Dinner Cream Sauce Omelet, Spinach, Fried Potatoes, Deep Apple Pie.	Breakfast Cereal with Dates, Salt, Codfish Cakes, Muffins, Coffee. Luncheon Vegetable Salad, Brown Bread Sandwiches, Cocoa, Dinner Hamburg Steak, Tomato Sauce, Creamed New Onions, Mashed Potatoes, Lemon Gelatine, Custard Sauce.	Breakfast Apple Sauce, Eggs Cooked in Shell, Coffee. Luncheon Scalloped Cheese, Lettuce and Cress Salad, Tea. Dinner Roast Shoulder of Lamb, Boiled Rice, Buttered Carrots, Bread Crumb Pudding, Caramel Sauce.	Breakfast Bananas, Cereal, Griddle Cakes, Syrup, Coffee. Luncheon Cream of Lettuce Soup, Toast, Savory Sandwiches, Cocoa, Dinner Lamb Souffle, Baked Potatoes, Greens, Apple Salad, Creamy Rice Pudding.	Breakfast Stewed Prunes, Cereal, Whole Wheat Bread, Marmalade, Coffee. Luncheon Vegetable Soup, Corn Bread Sticks, Raspberry Jelly, Dinner Baked Fish, Potato Stuffing, Carrots and Green Peas, Orange Puffs.	Breakfast Sliced Pineapple, Oatmeal, Scrambled Eggs, Muffins, Coffee. Luncheon Spinach with Hard Cooked Eggs, Buttermilk, Dinner Meat Balls, Noodles, Jellied Beets, Chocolate Layer Cake, Tea.	Breakfast Strawberries, Cereal, Coffee Cake, Coffee, Dinner Baked Ham with Apples, Boiled Potatoes, Creamed Spinach, Fruit Salad, Supper Cream of Carrot Soup, Toasted Crackers, Sandwiches, Chocolate Cake, Tea.

Hints About Health

By Dr. William S. Walsh,
In His New Book, "Yours for Sleep."

THE cure of worry is possible; there is no doubt about it. But it does not lie in any medicine yet discovered, nor is there likely to be any specific medicine for it.

It is only the well who have a happy, contented dream; while the sick, mentally or physically, suffer from dreams of an exciting or depressing nature.

INSOMNIA does not kill, per se; neither does it undermine the health. It is the worry over insomnia that kills.

THE only way to avoid arterio-sclerosis—to reach old age, in other words—is to practise moderation in all things.

THE sipping of a cup of hot water on waking, or before meals, will often give relief in obstinate varieties of constipation where all other remedies, medicinal and otherwise, have failed. A few drops of lemon juice added to the water enhances its value.

WHEN hardening of the arteries is well developed the temporal arteries stand out prominently, are tortuous and resemble twisted rubber pipe-stems. They feel hard and cannot be wholly compressed beneath the finger.

OBSERVATIONS on animals have proved that food taken before going to sleep is well assimilated, much better than if the animals are made to work, run or even walk after feeding. It must be admitted, however, that we can do with less sleep if we go to bed with the stomach empty.

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of American and Canadian homes, in the last 52 years, have been users of the world-famous Watkins Products. One of the latest creations, growing in popularity, is **Garda Face Powder**.

The new color—the Garda color—has been added to a Pure Face Powder which is soft, pure, its absorption and clinging qualities.

Garda color is formed from a combination of the choicest flowers of Italy, France, the Orient. Extricate with delight—it is distinctive—wonderfully, delicately penetrating and lasting. Watkins Quality, for half a century a standard, assured satisfaction.

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So every woman may know and love Garda Face Powder and the Garda color, we will deliver a sample on receipt of your name, address and a 1c stamp. You also will learn of other exquisite Watkins Products, with the same alluring scent.

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Djer-Kiss Rouge
FACE POWDER COMPACTS

Silver Blonde
—the Poet's type. Thin delicate skin, flaxen hair, blue eyes limpid and wide apart.
Formula: Delicately shade Djer-Kiss Duchesse Marie Rouge. Finish with touch of Djer-Kiss Blanche Face Powder. If a rose glow is desired, finish lightly with Djer-Kiss Rose Face Powder.

Light Brunette
Byes of gray or bluish gray. A fine strong white skin contrasting with light brown hair.
Formula: Either Djer-Kiss Charlotte Corday Rouge or Djer-Kiss Marie Rouge, with Chair or Blanche Face Powder.

Golden Blonde
Golden Hair. The skin of warmer tint than the Silver Blonde. Rosy color in cheeks and blue eyes.
Formula: Use Djer-Kiss Charlotte Corday Rouge shading carefully into the coloring of the skin. Finish with Djer-Kiss Chair Face Powder.

American Brunette
Brilliant Brunette. A fine vibrant skin. Dark brown hair. Sparkling brown eyes which call for lively color.
Formula: Use Princess Jacqueline Rouge, Finish with Chair or Blanche Face Powder.

Titian Type
—the Painter's type—with hair of wonderful shades of burnished gold and reddish tints.
Formula: Delicately apply Djer-Kiss Charlotte Corday Rouge. Blend with Djer-Kiss Chair Face Powder.

Ash Blonde
Grayish Blue Eyes. A skin less colorful than the Golden Blonde. Brownish glints and gleams in hair.
Formula: Brighten the cheeks skillfully with Djer-Kiss Charlotte Corday Rouge. Soften with final touch of Djer-Kiss Chair Face Powder. Or if a deeper rose glow is desired, finish with Djer-Kiss Rose Face Powder.

Spanish Brunette
—embraces darker brunettes types with deeper Oriental coloring of hair, skin and eyes.
Formula: Use midy-toned Rouge Princess Jacqueline. And with it, Djer-Kiss Rachel Face Powder.

Gray-Haired Type
The gray-haired woman is the distinguished woman—the type of Grands Dames.
Formula: Gray-haired types with blue or gray eyes Use Duchesse Marie Rouge with Blanche Face Powder. If dark-eyes, use Princess Jacqueline or Charlotte Corday Rouge with Chair or Rachel Face Powder.

Sunday American-Examiner Patterns

A SMART, UP-TO-DATE MODEL (3215). Cut in seven sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. A 38-inch size will require 6½ yards of 40-inch material or 4 yards for underwaist and skirt and 2½ yards of contrasting material for overblouse and tunic.

A GOOD SCHOOL DRESS (3217). Cut in four sizes: 6, 8, 10 and 12 years. A 10-year size will require 4½ yards of 36-inch material.

A SERVICEABLE TWO-PIECE MORNING GARMENT (3209). Cut in seven sizes: 36, 38, 40, 42, 44 and 46 inches bust measure. A medium size will require 7½ yards of 27-inch material.

AN ATTRACTIVE APRON (3190). Cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42; and extra large, 44-46 inches bust measure. A medium size will require 5½ yards of 36-inch material.

A CHARMING LITTLE FROCK (3200). Cut in four sizes: 4, 6, 8 and 10 years. An 8-year size will require 3½ yards of 27-inch material.

A NEW WAIST STYLE (3206). Cut in seven sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. A 38-inch size will require 4½ yards of 27-inch material.

A POPULAR SKIRT (3189). Cut in seven sizes: 24, 26, 28, 30, 32, 34 and 36 inches waist measure. A 24-inch size will require 3½ yards of 36-inch material.

To obtain any two of these desirable patterns fill in the accompanying coupon and mail with 20c to **BARGAIN DAY, P. O. BOX NO. 260, CITY HALL STATION, NEW YORK, N. Y.**

IMPORTANT.—Be sure to fill in name, address and size.

SUNDAY AMERICAN-EXAMINER PATTERNS.
BARGAIN DAY.
TWO PATTERNS FOR 20c.

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3217.....Years 3200.....Years
3209.....Bust 3206.....Bust
3189.....Waist

Name.....
St. and No.....
City and State.....